

About

We support adults aged 16+ who are living in Dundee and require support to improve their wellbeing.

Workers are fully trained in person centred planning techniques and providing recovery focused support.

What Does it Cost?

Dundee City Council may charge you for this service. Any charge is means tested and will be assessed on your ability to pay. For advice from a member of our team please call 01382 223 487 and we will be happy to discuss this further with you.

Applications

Applications can be made by statutory and voluntary support services.

We also accept self referrals so you can contact us directly about accessing support if you don't have involvement with any other Services.

Further information and application forms are available via the contact details on the back of this leaflet.

Penumbra is a leading Scottish voluntary organisation working in the field of mental health.

Founded in 1985, we provided the first registered mental health supported accommodation service in Scotland.

We now provide an extensive range of person-centred support services for adults and young people, supporting around 1000 people each week.

We campaign to raise awareness of mental health issues and reduce the social stigma attached to them. We also offer training and consultancy on a range of issues related to health and wellbeing.

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penumbra
your way to a brighter future

Dundee Nova Service



penumbra.org.uk

Recovery

Penumbra believes, and statistics show, that people can and do recover from mental health difficulties. Recovery means different things to different people because everybody's journey is unique.

Support has a recovery focus and we use tools such as our I.ROC, HOPE toolkit and Wellness Recovery Action Plan (WRAP) to help you plan for positive wellbeing. Our Recovery Team includes Peer Workers, who are experts by experience.

Your support

Everyone has different needs and the support we provide is tailored to help you manage your wellbeing and achieve your goals. Support can include:

1:1 support

Your key-worker will work with you to explore areas important to you and develop a personal plan based on your hopes, aspirations and goals.

Support may include exploring self management tools, alongside accessing leisure activities, education, voluntary work and paid work.

Workers can also support you with things like challenging anxieties, social phobias, travelling on public transport and building confidence.

Our tools

I•ROC[®]

Developed by Penumbra, the Individual Recovery Outcomes Counter (I•ROC[®]) is a recovery mapping tool comprising of 12 questions focused on areas important to your wellbeing.

I•ROC[®] is a powerful and motivating tool which helps you to focus on your recovery and areas important to you.

"I've worked through strategies for improving my lifestyle on my own terms, in a way that works for me" Dundee Nova Supported person

The HOPE toolkit accompanies I•ROC[®] and offers a range of useful tools and plans that can support you to achieve your goals.

WRAP (Wellness Recovery Action Plan)

WRAP is a planning tool that helps you identify situations that may trigger you to become unwell. It promotes self management and explores practical coping strategies you can use.



POWWOWs & Group work

Topics for Penumbra Workshops on Wellbeing (POWWOWs) may include:

- WRAP
- Managing anxiety
- Self esteem & confidence
- Healthy relationships
- Stigma
- Sleeping well

Workshops are useful for meeting people and learning from others through informal Peer Support .

Small social groups may also be arranged for a limited period of time to help you build confidence in a group setting and meet others.

